

Otwarte Letnie Mistrzostwa Warszawy w pływaniu
Warszawa, 31.5. - 1.6.2019

Konkurencja 19
31.05.2019 - 19:19

Dziewcz t, 400m dowolny

10 - 14 lat
Wyniki

Punkty: FINA 2019

Pozycja	Rok ur.	Czas	Pkt.
10 lat			
1. PIOTROWSKA, Antonina	09	5:55.12	295
50m: 37.93 37.93	150m: 2:09.62 46.48	250m: 3:42.89 47.44	350m: 5:15.72 46.51
100m: 1:23.14 45.21	200m: 2:55.45 45.83	300m: 4:29.21 46.32	400m: 5:55.12 39.40
2. JADOWSKA, Lena	09	6:09.93	261
50m: 40.44 40.44	150m: 2:15.46 48.43	250m: 3:51.37 47.69	350m: 5:25.41 46.28
100m: 1:27.03 46.59	200m: 3:03.68 48.22	300m: 4:39.13 47.76	400m: 6:09.93 44.52
3. DUBAN, Magdalena	09	6:28.64	225
50m: 40.21 40.21	150m: 2:19.00 50.25	250m: 4:00.06 51.97	350m: 5:42.06 50.57
100m: 1:28.75 48.54	200m: 3:08.09 49.09	300m: 4:51.49 51.43	400m: 6:28.64 46.58
4. B K, Oliwia	09	6:51.68	189
50m: 41.62 41.62	150m: 2:29.20 54.47	250m: 4:14.95 52.93	350m: 6:00.77 51.84
100m: 1:34.73 53.11	200m: 3:22.02 52.82	300m: 5:08.93 53.98	400m: 6:51.68 50.91
5. DANIELEWICZ, Emilia	09	8:01.79	118
50m: 54.88 54.88	150m: 2:58.11 1:01.62	250m: 5:02.31 1:01.96	350m: 7:04.15 1:00.25
100m: 1:56.49 1:01.61	200m: 4:00.35 1:02.24	300m: 6:03.90 1:01.59	400m: 8:01.79 57.64
11 lat			
1. NOWAK, Izabela	08	5:09.45	446
50m: 33.14 33.14	150m: 1:49.39 38.64	250m: 3:08.25 39.92	350m: 4:30.41 41.12
100m: 1:10.75 37.61	200m: 2:28.33 38.94	300m: 3:49.29 41.04	400m: 5:09.45 39.04
2. KONDRASIUK, Zofia	08	5:23.55	390
50m: 36.49 36.49	150m: 2:00.48 42.11	250m: 3:23.95 40.93	350m: 4:44.85 39.62
100m: 1:18.37 41.88	200m: 2:43.02 42.54	300m: 4:05.23 41.28	400m: 5:23.55 38.70
3. MAZURKIEWICZ, Helena	08	5:48.22	313
50m: 38.13 38.13	150m: 2:07.74 45.32	250m: 3:36.14 43.19	350m: 5:04.88 44.13
100m: 1:22.42 44.29	200m: 2:52.95 45.21	300m: 4:20.75 44.61	400m: 5:48.22 43.34
4. KOWALSKA, Edyta	08	6:03.50	275
50m: 41.02 41.02	150m: 2:17.73 49.17	250m: 3:52.78 47.19	350m: 5:24.47 45.01
100m: 1:28.56 47.54	200m: 3:05.59 47.86	300m: 4:39.46 46.68	400m: 6:03.50 39.03
5. LIAUHUK, Kamila	08	6:19.79	241
50m: 41.26 41.26	150m: 2:17.40 48.65	250m: 3:56.14 49.63	350m: 5:36.67 50.27
100m: 1:28.75 47.49	200m: 3:06.51 49.11	300m: 4:46.40 50.26	400m: 6:19.79 43.12
6. GÓRNY, Natalia	08	6:34.11	215
50m: 42.49 42.49	150m: 2:20.14	250m: 4:01.59	350m: 5:44.96 51.58
100m:	200m:	300m: 4:53.38 51.79	400m: 6:34.11 49.15
7. MIKHALIUK, Palina	08	6:43.62	201
50m: 39.25 39.25	150m: 2:18.96 51.59	250m: 4:05.60 53.19	350m: 5:52.45 53.60
100m: 1:27.37 48.12	200m: 3:12.41 53.45	300m: 4:58.85 53.25	400m: 6:43.62 51.17
8. CISZYK, Hanna	08	7:09.18	167
50m: 44.03 44.03	150m: 2:31.95 55.56	250m: 4:23.13 55.39	350m: 6:16.77 57.35
100m: 1:36.39 52.36	200m: 3:27.74 55.79	300m: 5:19.42 56.29	400m: 7:09.18 52.41
12 lat			
1. ORASZEK, Karolina	07	5:01.69	481
50m: 33.06 33.06	150m: 1:47.94 38.04	250m: 3:06.01 39.22	350m: 4:24.28 39.38
100m: 1:09.90 36.84	200m: 2:26.79 38.85	300m: 3:44.90 38.89	400m: 5:01.69 37.41
2. SOBCZAK, Antonina	07	5:04.91	466
50m: 33.71 33.71	150m: 1:50.61 38.85	250m: 3:09.29 39.37	350m: 4:27.91 38.37
100m: 1:11.76 38.05	200m: 2:29.92 39.31	300m: 3:49.54 40.25	400m: 5:04.91 37.00

Otwarte Letnie Mistrzostwa Warszawy w pływaniu
Warszawa, 31.5. - 1.6.2019

Konkurencja 19, Dziewcz t, 400m dowolny, 12 lat

Pozycja			Rok ur.					Czas	Pkt.
3.	KUCZMAR, Zuzanna		07	MKS Ochota Warszawa				5:10.03	443
	50m:	34.66 34.66	150m:	1:54.28 39.92	250m:	3:14.18 39.74	350m:	4:31.96 38.06	
	100m:	1:14.36 39.70	200m:	2:34.44 40.16	300m:	3:53.90 39.72	400m:	5:10.03 38.07	
4.	ALIAKHNOVICH, Nadzeya		07	Akvastars				5:10.42	442
	50m:	34.61 34.61	150m:	1:53.63 39.83	250m:	3:13.43 39.70	350m:	4:32.14 38.78	
	100m:	1:13.80 39.19	200m:	2:33.73 40.10	300m:	3:53.36 39.93	400m:	5:10.42 38.28	
5.	RYZNAR, Katarzyna		07	UKS G-8 Bielany Warszawa				5:16.94	415
	50m:	36.02 36.02	150m:	1:57.38 40.74	250m:	3:19.39 40.09	350m:	4:38.63 38.68	
	100m:	1:16.64 40.62	200m:	2:39.30 41.92	300m:	3:59.95 40.56	400m:	5:16.94 38.31	
6.	DZIERZBICKA, Alicja		07	MKP „Warszawianka”				5:31.11	364
	50m:	37.32 37.32	150m:	2:01.90 42.60	250m:	3:27.23 42.17	350m:	4:51.51 41.61	
	100m:	1:19.30 41.98	200m:	2:45.06 43.16	300m:	4:09.90 42.67	400m:	5:31.11 39.60	
7.	KOŁODZIEJCZYK, Maja		07	UKS Swim Team Wilanów				5:37.10	345
	50m:	36.68 36.68	150m:	2:02.23 43.91	250m:	3:30.24 43.84	350m:	4:56.43 42.28	
	100m:	1:18.32 41.64	200m:	2:46.40 44.17	300m:	4:14.15 43.91	400m:	5:37.10 40.67	
8.	PIA CI SKA, Alicja		07	UKS Swim Team Wilanów				5:43.75	325
	50m:	38.04 38.04	150m:	2:04.47 44.40	250m:	3:33.94 44.42	350m:	5:02.07 44.07	
	100m:	1:20.07 42.03	200m:	2:49.52 45.05	300m:	4:18.00 44.06	400m:	5:43.75 41.68	
9.	WICKOWSKA, Hanna		07	UKS G-8 Bielany Warszawa				5:46.94	316
	50m:	36.29 36.29	150m:	2:03.93 44.86	250m:	3:33.90 45.36	350m:	5:03.31 45.68	
	100m:	1:19.07 42.78	200m:	2:48.54 44.61	300m:	4:17.63 43.73	400m:	5:46.94 43.63	
10.	DUBAN, Justyna		07	UKS GOS Raszyn				6:04.23	273
	50m:	37.65 37.65	150m:	2:10.11 46.60	250m:	3:45.62 47.62	350m:	5:21.45 47.77	
	100m:	1:23.51 45.86	200m:	2:58.00 47.89	300m:	4:33.68 48.06	400m:	6:04.23 42.78	
11.	LEBEDZEVA, Volha		07	Akvastars				6:08.68	263
	50m:	38.77 38.77	150m:	2:13.64 47.76	250m:	3:49.57 47.98	350m:	5:24.60 48.05	
	100m:	1:25.88 47.11	200m:	3:01.59 47.95	300m:	4:36.55 46.98	400m:	6:08.68 44.08	
12.	HUROVICH, Kseniya		07	Akvastars				6:14.17	252
	50m:	39.65 39.65	150m:	2:16.09 48.21	250m:	3:52.64 48.20	350m:	5:29.85 48.76	
	100m:	1:27.88 48.23	200m:	3:04.44 48.35	300m:	4:41.09 48.45	400m:	6:14.17 44.32	
13.	JANUSIK, Maja		07	UKS Olympic Warka				6:19.18	242
	50m:	41.05 41.05	150m:	2:15.74 47.64	250m:	3:54.75 50.31	350m:	5:34.46 49.77	
	100m:	1:28.10 47.05	200m:	3:04.44 48.70	300m:	4:44.69 49.94	400m:	6:19.18 44.72	

13 lat

1.	WALCZAK, Barbara		06	UKS G-8 Bielany Warszawa				4:59.48	492
	50m:	33.15 33.15	150m:	1:48.06 37.89	250m:	3:05.03 37.91	350m:	4:23.98 39.58	
	100m:	1:10.17 37.02	200m:	2:27.12 39.06	300m:	3:44.40 39.37	400m:	4:59.48 35.50	
2.	PAWLIK, Julia		06	UKS G-8 Bielany Warszawa				5:04.08	470
	50m:	34.31 34.31	150m:	1:52.38 39.74	250m:	3:10.45 39.03	350m:	4:28.34 39.10	
	100m:	1:12.64 38.33	200m:	2:31.42 39.04	300m:	3:49.24 38.79	400m:	5:04.08 35.74	
3.	MIROWSKA, Oliwia		06	UKS Olympic Warka				5:08.22	451
	50m:	34.26 34.26	150m:	1:54.20 40.51	250m:	3:13.22 39.92	350m:	4:32.09 39.17	
	100m:	1:13.69 39.43	200m:	2:33.30 39.10	300m:	3:52.92 39.70	400m:	5:08.22 36.13	
4.	MAGIEREK, Karolina		06	MKS Ochota Warszawa				5:09.35	446
	50m:	33.79 33.79	150m:	1:53.45 40.31	250m:	3:13.57 39.52	350m:	4:32.02 39.13	
	100m:	1:13.14 39.35	200m:	2:34.05 40.60	300m:	3:52.89 39.32	400m:	5:09.35 37.33	
5.	KNAPIK, Amelia		06	MKS Ochota Warszawa				5:09.74	444
	50m:	33.22 33.22	150m:	1:50.74 39.67	250m:	3:11.29 41.13	350m:	4:31.52 39.83	
	100m:	1:11.07 37.85	200m:	2:30.16 39.42	300m:	3:51.69 40.40	400m:	5:09.74 38.22	
6.	BOGACKA, Aleksandra		06	Stowarzyszenie Klub Pływacki Legia Warszawa				5:14.34	425
	50m:	33.81 33.81	150m:	1:52.37 39.75	250m:	3:13.29 40.57	350m:	4:34.93 40.75	
	100m:	1:12.62 38.81	200m:	2:32.72 40.35	300m:	3:54.18 40.89	400m:	5:14.34 39.41	

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Warszawa, 31.5. - 1.6.2019

Konkurencja 19, Dziewcz t, 400m dowolny, 13 lat

Pozycja			Rok ur.					Czas	Pkt.		
7.	OLKO, Zuzanna		06	UKS "Siódemka" Gdynia				5:15.54	420		
	50m:	34.06 34.06	150m:	1:52.26	39.83	250m:	3:13.94	40.99	350m:	4:36.56	41.10
	100m:	1:12.43 38.37	200m:	2:32.95	40.69	300m:	3:55.46	41.52	400m:	5:15.54	38.98
8.	UŁAWA, Julia		06	UKS 48 Warszawa ródmi cie				5:18.83	407		
	50m:	34.92 34.92	150m:	1:55.96	41.31	250m:	3:18.44	41.22	350m:	4:40.73	41.30
	100m:	1:14.65 39.73	200m:	2:37.22	41.26	300m:	3:59.43	40.99	400m:	5:18.83	38.10
9.	PODPORA, Marta		06	UKS WAWER Warszawa				5:23.99	388		
	50m:	34.56 34.56	150m:	1:54.58	41.48	250m:	3:17.90	41.60	350m:	4:43.02	42.64
	100m:	1:13.10 38.54	200m:	2:36.30	41.72	300m:	4:00.38	42.48	400m:	5:23.99	40.97
10.	RUCI SKA, Helena		06	MKP „Warszawianka"				5:24.84	385		
	50m:	35.51 35.51	150m:	1:59.06	41.76	250m:	3:22.96	40.81	350m:	4:45.79	40.61
	100m:	1:17.30 41.79	200m:	2:42.15	43.09	300m:	4:05.18	42.22	400m:	5:24.84	39.05
11.	KORZENIOWSKA, Maja		06	UKS Fala Niepor t				5:31.95	361		
	50m:	36.50 36.50	150m:	2:01.96	43.37	250m:	3:28.04	43.58	350m:	4:54.42	43.23
	100m:	1:18.59 42.09	200m:	2:44.46	42.50	300m:	4:11.19	43.15	400m:	5:31.95	37.53
12.	KOWALSKA, Sandra		06	UKS Olympic Warka				5:44.81	322		
	50m:	37.27 37.27	150m:	2:04.07	44.56	250m:	3:34.59	45.33	350m:	5:03.17	43.52
	100m:	1:19.51 42.24	200m:	2:49.26	45.19	300m:	4:19.65	45.06	400m:	5:44.81	41.64

14 lat

1.	KLUSEK, Aleksandra		05	Ukp Polonia Warszawa				4:35.64	631		
	50m:	30.56 30.56	150m:	1:39.58	35.08	250m:	2:50.28	35.79	350m:	4:01.63	35.83
	100m:	1:04.50 33.94	200m:	2:14.49	34.91	300m:	3:25.80	35.52	400m:	4:35.64	34.01
2.	MAKSYMOWICZ, Nina		05	UKS G-8 Bielany Warszawa				4:45.91	565		
	50m:	31.16 31.16	150m:	1:42.97	36.63	250m:	2:57.99	37.84	350m:	4:11.62	36.64
	100m:	1:06.34 35.18	200m:	2:20.15	37.18	300m:	3:34.98	36.99	400m:	4:45.91	34.29
3.	GÓRSKA, Zofia		05	Ukp Polonia Warszawa				4:46.21	563		
	50m:	31.77 31.77	150m:	1:44.75	37.21	250m:	2:58.97	36.98	350m:	4:12.61	36.29
	100m:	1:07.54 35.77	200m:	2:21.99	37.24	300m:	3:36.32	37.35	400m:	4:46.21	33.60
4.	GAJCY, Natalia		05	Ukp Polonia Warszawa				4:56.27	508		
	50m:	33.23 33.23	150m:	1:47.19	37.32	250m:	3:03.02	37.79	350m:	4:18.75	37.34
	100m:	1:09.87 36.64	200m:	2:25.23	38.04	300m:	3:41.41	38.39	400m:	4:56.27	37.52
5.	OLKOWSKA, Laura		05	UKS G-8 Bielany Warszawa				4:59.31	493		
	50m:	32.24 32.24	150m:	1:48.35	38.56	250m:	3:05.46	38.22	350m:	4:22.93	38.63
	100m:	1:09.79 37.55	200m:	2:27.24	38.89	300m:	3:44.30	38.84	400m:	4:59.31	36.38
6.	RUTWA, Wiktoria		05	MKS Piaseczno				5:24.32	387		
	50m:	34.06 34.06	150m:	1:55.78	41.85	250m:	3:19.93	42.37	350m:	4:44.08	42.05
	100m:	1:13.93 39.87	200m:	2:37.56	41.78	300m:	4:02.03	42.10	400m:	5:24.32	40.24
7.	STELMASZCZYK, Hanna		05	UKS 48 Warszawa ródmi cie				5:31.18	363		
	50m:	36.26 36.26	150m:	2:00.08	42.65	250m:	3:26.00	43.16	350m:	4:51.97	42.92
	100m:	1:17.43 41.17	200m:	2:42.84	42.76	300m:	4:09.05	43.05	400m:	5:31.18	39.21
PK	STERNICZUK, Weronika		03	UKS "Pi tka"Konstantynów Łódzki				5:35.42	350		
	50m:	34.17 34.17	150m:	2:00.60	45.36	250m:	3:31.67	47.56	350m:	4:57.93	39.19
	100m:	1:15.24 41.07	200m:	2:44.11	43.51	300m:	4:18.74	47.07	400m:	5:35.42	37.49